

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-4:30pm Basketball	5:30am-9:00am Basketball	5:30am-4:30pm Basketball	5:30am-9:00am Basketball	5:30am-9:00pm Basketball	7:00am-8:30 am Basketball	1:00pm-5:00pm Basketball <u>No Games</u>
6:00am-7:00am Step Aerobics	6:00am-7:00am Cardio Sculpt	6:00am-7:00am Step Aerobics	9:00am-10:00am Zumba	6:00am-7:00am Step Aerobics	7:00am-10:00am Pickle-Ball	1:00pm-4:00pm Badminton
9:00am-11:00am Pickle-Ball	9:00am-10:00am Zumba		9:00am-11:00am Pickle-Ball		8:30am-9:30am Body Conditioning	
	9:00am-11:00am Pickle-Ball		10:00am-4:30pm Basketball		10:00am-1:45 pm Basketball Games	
	10:00am-4:30pm Basketball			(Activity Room)	10:00am-12:00pm Ping Pong	
	4:00pm-6:45pm Pickle-Ball		4:00pm-6:45pm Pickle-Ball		2:00pm-5:45pm Children's Day	
	5:15pm-6:00pm Total Fit		5:15pm-6:00pm Total Fit			
5:00pm-6:00pm Bootcamp	6:00pm-7:00pm Step & Weight/Combo	5:00pm-6:00pm Bootcamp	6:00pm-7:00pm UP YOUR SPORTS			
6:00pm-7:00pm Step Aerobics	6:00pm-8:30pm Ping Pong (Activity Room)	6:00pm-7:00pm Zumba	6:00pm-8:30pm Ping Pong (Activity Room)			
7:00pm-9:00pm Basketball Games	7:00pm-9:00pm Badminton	7:00pm-9:00pm Basketball Games	7:00pm-9:00pm Badminton	7:00pm-9:00pm Basketball Games		



Gymnasium Schedule

JIM DAILEY FITNESS & AQUATIC CENTER
Effective August 1, 2015

Classes with more than 20 participants will be conducted in the gym. Schedule can be found online at www.lrrp.org or call us at 664-6976.